

# G-HEALTH

## ENTERPRISES

### Physical Activity Tracker

This week's goal:	<b>Cardio</b> 30 minutes moderate intensity activity most days of the week	<b>Strength Training</b> At least 2 days per week
<b>Monday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Tuesday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Wednesday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Thursday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Friday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Saturday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:
<b>Sunday</b>	<input type="checkbox"/> Met Today's Goal Today's Activities:	<input type="checkbox"/> Met Today's Goal Today's Activities:

**What counts as cardio?** You feel your heart beating faster. You'll also breathe faster.

**What is strength training?** Strength training is when you use weights or your body weight (such as push-ups) to work your muscles.